

Sonki Fitness

Santa Monica Schedule

1. *What to bring* - water, towel (or mat), positive attitude, and a desire to improve your mind and body.

2. *Location* -

Palisades Park ([Map](#)) – (6:30am & 8:30am M/W/F, 6:30pm M/W, 9am Sat)

--Meet at Ocean Ave. just south of Montana Ave., across from Oceana Hotel.

Lincoln Middle School ([Map](#)) – (6:30pm class on Fri's)

--Meet in the outdoor basketball court area. You can enter on 15th and Washington or 15th and California.

SEP 11 – OCT 14

Mon	Tue	Wed	Thu	Fri	Sat
Sep 11 <i>6:30am, 8:30am, 6:30pm</i>	12	13 <i>6:30am, 8:30am, 6:30pm</i>	14	15 <i>6:30am, 8:30am, 6:30pm</i>	16 <i>9am</i>
18 <i>6:30am, 8:30am, 6:30pm</i>	19	20 <i>6:30am, 8:30am, 6:30pm</i>	21	22 <i>6:30am, 8:30am, 6:30pm</i>	23 <i>Hiking at 9am (Temescal Canyon Park) - Map</i>
25 <i>6:30am, 8:30am, 6:30pm</i>	26	27 <i>6:30am, 8:30am, 6:30pm</i>	28	29 <i>6:30am, 8:30am, 6:30pm</i>	30 <i>9am</i>
Oct 2 <i>6:30am, 8:30am, 6:30pm</i>	3	4 <i>6:30am, 8:30am, 6:30pm</i>	5	6 <i>6:30am, 8:30am, 6:30pm</i>	7 <i>9am</i>
9 <i>6:30am, 8:30am, 6:30pm</i>	10	11 <i>6:30am, 8:30am, 6:30pm</i>	12	13 <i>6:30am, 8:30am, 6:30pm</i>	14 <i>9am</i>